WHAT IS CLAIMED IS:

1. A reading stand comprising:

a base including a base member case, the base member case including a base panel and walls connected to the base panel to form an enclosed volume;

a reading lid disposed upon the base member case, the reading lid including:

a reading platform having a front side and a backside;

at least one page holder adjustably mounted on the reading platform so as to assist in retaining a document on the front side of the reading platform; and

a support member, the support member extending from the backside of the reading platform, the support member adapted to engage with the base so as to support the reading lid upon the base.

- 2. The reading stand of claim 1, wherein the support member is a prop member, the prop member pivotally connected to the backside of the reading platform, the prop member being engageable with the base member case so as to support the reading platform.
- 3. The reading stand of claim 2, wherein the base panel includes a prop slot, the prop member extendable through the prop slot to extend exterior to the base member case so as to provide a hanger for the reading stand.
- 4. The reading stand of claim 3, wherein the prop member extendable through the prop slot to extend exterior to the base member case, so as to provide a hanger for the reading stand, provides a hanger for securing the reading stand on a treadmill structure.
- 5. The reading stand of claim 3, wherein, with the prop member extending through the prop slot to extend exterior to the base member case, the reading lid is disposed upon the base member case in a closed position.

- 6. The reading stand of claim 2, wherein the prop member is engageable with the base panel of the base member case so as to rest upon and be supported by the base panel.
- 7. The reading stand of claim 6, wherein the prop member supports the reading platform at an angle of between approximately 20 degrees and 70 degrees relative to the base panel.
 - 8. The reading stand of claim 6, wherein the prop member is a wire structure.
 - 9. The reading stand of claim 8, wherein the prop member is u-shaped.
- 10. The reading stand of claim 6, wherein the prop member is attached to the reading platform by a hinge assembly.
- 11. The reading stand of claim 6, wherein the base panel includes a prop slot, the prop member extendable through the prop slot to extend exterior to the base member case, in an alternative configuration, so as to provide a hanger for the reading stand.
- 12. The reading stand of claim 6, wherein the reading lid further includes a center document support and a page assist support.
- 13. The reading stand of claim 6, wherein the reading lid further includes a center document support, the center document support attached to the backside of the reading platform and positionable in front of the reading platform so as to retain a document in place for reading.
 - 14. The reading stand of claim 13, wherein the center document support is u-shaped.
- 15. The reading stand of claim 13, wherein the center document support is attached to a backside of the reading platform with a primary collar and a bracing collar.
- 16. The reading stand of claim 6, wherein the reading lid further includes page assist support, the page assist support attached to a backside of the reading platform and positionable in front of the reading platform so as to retain a document in place for reading.

- 17. The reading stand of claim 16, wherein the page assist support is attached to the backside of the reading platform with a page assist lock.
- 18. The reading stand of claim 17, wherein the page assist lock includes a cam collar and a cam lever.
 - 19. The reading stand of claim 18, wherein the page assist support is u-shaped.
- 20. The reading stand of claim 19, wherein the reading lid further includes at least one side support clip disposed upon the reading platform, the side support clip adapted to support the reading platform upon a base side wall of the base member case.
- 21. The reading stand of claim 20, wherein the reading platform is supportable such that the base side wall of the base is disposed between the side support clip and an aperture wall of the reading platform, the aperture wall being defined by an aperture in the reading platform.
- 22. The reading stand of claim 2, wherein the reading stand further includes at least one hinge, the at least one hinge pivotally connecting the reading lid to the base.
- 23. The reading stand of claim 22, wherein the at least one hinge includes a pin integrally connected to the base member case and a hinge shoulder portion integrally formed with the reading platform.
- 24. The reading stand of claim 1, wherein the walls connected to the base panel to form an enclosed volume include a base front wall, a base back wall and two base side walls; and

wherein the support member is at least one side support clip disposed upon and extending from a backside of the reading platform, the side support clip adapted to support the reading platform upon one of the base side walls.

- 25. The reading stand of claim 24, wherein the reading platform is supportable such that the base side wall of the base is disposed between the side support clip and the reading platform.
- 26. The reading stand of claim 24, further including a side reading brace, the side reading brace being adjustably positionable between:

a stowed position in which the side reading brace is disposed in a tray housing in the base member case; and

an extended position in which the side reading brace extends out from the base member case such that the side reading brace prevents the reading stand from tipping.

- 27. The reading stand of claim 26, wherein the reading lid further includes a page assist support and a center document support for retaining a document upon the reading platform.
- 28. The reading stand of claim 27 wherein the page assist support and the center document support are each in the form of a wire structure.
- 29. The reading stand of claim 26, further including a recessed panel in the base panel, the recessed panel forming a cardholder.
- 30. The reading stand of claim 25, further including a prop member extending from the backside of the reading platform, and wherein the prop member is positionable so as to support the reading platform upon the base member case in an alternative configuration to the reading platform being supported by the side support clip.
 - 31. A reading stand for holding a document for reading comprising: a base;

a reading lid including a reading platform, a hinge and a side support clip, the reading lid further including at least one page holder;

the hinge adapted to connect the base to the lid such that the lid is disposed in a closed position over the base; and

the side support clip adapted to connect the base to the lid such that the lid is disposed in a substantially vertical position over the base so as to afford side reading.

- 32. The reading stand of claim 31, further including a center document support slidably connected to the reading platform and positionable within the center of the document disposed upon the reading platform.
- 33. The reading stand of claim 32, further including a page assist support, the page assist support being positionable to hold pages of the document in position for reading.
- 34. The reading stand of claim 33, wherein the page assist support is connected to the reading platform by a cam and lever assembly.
- 35. A method for supporting a document using a reading stand, the reading stand having a lid and a base, the method comprising:

placing an opened book on the lid of the reading stand and under at least one page holder, which is connected to the lid;

pulling out a center document support from under the lid and rotating the center document support upward;

pushing the center document support through a slot and onto the book;

unsnapping the lid from the base; and

positioning the lid so as to attach the reading lid substantially vertically onto a side of the base using side support clips mounted on the lid, so as to attach the lid to the base and provide side reading.

- 36. The method of claim 35, further including pulling out a side support disposed in the base of the reading stand.
- 37. The method of claim 35, further including positioning a page assist support to retain the book in place.
- 38. A reading stand having a lid and a base, the reading stand comprising:

 means for placing an opened book on the lid of the reading stand and under at least one
 page holder, which is connected to the lid;

means for pulling out a center document support from under the lid and rotating the center document support upward, and thereafter pushing the center document support through a slot and onto the book;

means for unsnapping the lid from the base; and

means for positioning the lid so as to attach the reading lid substantially vertically onto a side of the base using side support clips mounted on the lid, so as to attach the lid to the base and provide side reading.

- 39. A reading stand comprising:
- a reading platform;

at least one page holder pivotally disposed upon and connected to the reading platform, the page holder biased against the reading platform for retaining a document, the page holder including:

a holder housing portion extending along a first side of the page holder;
a center planar portion extending along the holder housing portion; and
an arcuate flange extending along the center planar portion, an aperture being
defined by the arcuate flange and the center planar portion.

- 40. The reading stand of claim 39, wherein the holder housing portion is tubular in shape.
- 41. The reading stand of claim 40, wherein the page holder is supported on the reading platform on respective sides of the page holder by respective housings formed upon the reading platform, the housings each extending from the reading platform, and the holder housing portion of the page holder forming a continuous surface with the housings.